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Our Healthy Lifestyle Event 2013 is just around the corner!

Tickets £10

Six Talks - Speakers include Marilyn Glenville PhD - Meet The Suppliers - Allergy Testing - Free Therapy Taster Sessions - Incredible Goody Bag

Saturday 16th March

Tickets available in-store or online



Dem Dry Bones



Osteoporosis, or 'porous bones', is a skeletal disorder characterised by low bone mass and compromised bone strength, resulting in weak and fragile bones and an increased risk of fracture. The National Osteoporosis Society in the UK estimates that one in nine men and one in three women over the age of fifty will be affected. Healthy bone, when looked at under the microscope resembles a strong mesh-like network, with gaps in between providing a clever structure light in weight. The muscles would have to work far too hard if the bones were solid. Osteoporotic bones have too many gaps and a thin mesh leaving a frail framework.

Osteoporosis can lead to loss of height, increased risk of fracture and bone deformities, including curvature of the spine. Women are more likely to develop osteoporosis than men, due, in part, to the sudden drop in bone protective hormones after the menopause. In addition, diabetes can also increase the risk of osteoporosis by interfering with osteoblast activity – these are the cells that help to maintain bone strength. Alarmingly women are more likely to die as a result of osteoporosis than cervical cancer, and yet no national screening programme exists to help prevent this.

High risk factors include genes; if someone in the family suffered osteoporosis it's best to get checked out. Being of European or Asian descent, smoking, certain medications including laxatives and diuretics, premature menopause, or a hysterectomy with ovary removal before the age of 45, having few periods or anorexia, all increase your risk. Men don't suffer as much due to having larger skeletons but also, testosterone, the male dominant hormone, actually triggers bone-building osteoblasts into action.

Modern living has seen an increase in the rate of bone loss and this has to be due, in part, to the sedentary lifestyles that we lead. Cars and public transport abound, walking to school is rare these days and for most of our life, we are sitting down and not out there doing manual labour.

Exercise is important, even if it's just 4 hours of walking a week, you can reduce your risk of hip fractures by 41%, compared to a reduction of 55% for 24 hours of activity a week. Weight bearing exercise in the gym helps as does dancing, skipping or running. Try running on the spot if you can't motivate yourself to get outside.

In countries where vegetable protein dominates the diet and animal protein is hardly eaten, hip fractures are rare. Africa and China have these low rates, suggesting that a vegan diet appears to be the safest option but I wonder how many Europeans will embrace this idea?

In order to keep calcium in the bones, the other dietary advice is to reduce caffeine, alcohol, fizzy drinks, salt,
(continued overleaf)

DEFINING: Theanine

L-Theanine is an amino acid which is found almost exclusively in green tea and is probably one of the most useful substances in the shop for reducing the symptoms of anxiety. In essence, what it seems to do is to calm the nervous system whilst at the same time actually promoting mental sharpness making it ideal for people who have presentations to give, exams or just generally to get through life.

Of course, there are a whole variety of things which can cause or exacerbate anxiety. Overconsumption of caffeinated products is an obvious one but also wildly fluctuating blood sugar levels caused by refined carbs should be eliminated.

Perhaps rather than focusing on the symptoms it is best to look within to see what is actually causing the anxiety. You may need to reach your conclusion following meditation or time spent with a qualified counsellor.

Green Tea has long been known as a relaxing beverage despite it's very low caffeine levels (decaff versions are available for the acutely sensitive) and scientists now believe that its relaxing properties are due to its theanine content. Theanine appears to cross the blood-brain barrier and has been shown to influence brain wave activity, possibly by working on neurotransmitters. Theanine also appears to counteract the stimulatory properties of caffeine – a fact that may explain why people feel relaxed after drinking green tea, in spite of the caffeine.

Human research has demonstrated that theanine creates



a sense of relaxation in approximately 30-40 minutes after ingestion. Theanine can also be bought as capsules and we recommend 1-200mg daily on anxious days with a similar top-up if things start to get a bit crazy!

Interestingly, participants in this study appeared to achieve a relaxed, yet alert state of mind, without sedation – suggesting potential use for people suffering from anxiety/stress related disorders that need to stay alert in order to perform their day-to-day activities.

Another study in Japan was done on women suffering from PMT. They were given 200mg daily and were assessed using a distress questionnaire. Theanine caused documented reductions in mental, social and physical symptoms, and was significantly better than the placebo.

John, Diploma in Health Food Retail



Calcium-rich, Bone Building Foods

Per 100g portion in descending order of Calcium content:

Seaweeds, wheat grass, barley grass, sardines with the bones, almonds, hazelnuts, parsley, brazil nuts, sunflower seeds, watercress, quinoa, black beans, pistachios, kale, spirulina, yoghurt, milk, sesame seeds and tahini, tofu, walnuts, salmon, cottage cheese, eggs and brown rice.

sugar, smoking and the deadly night shade family; tomatoes in particular, peppers, aubergines and potatoes contain the calcium inhibitor solanine. And bear in mind that Germany, who consumes more animal protein than us Brits, holds the title for the most hip fractures.

Consuming fizzy drinks in large amounts increases the risk of bone fractures even in children as young as 8. Considering that our bone density is built up to the age of 25, and lost thereafter, forming good dietary and lifestyle habits in early life will pay dividends for bones in later life.

So what foods can help? A healthy diet rich in phytoestrogens including soya, pulses, lentils, whole grains and seeds with particular attention to linseeds as they contain by far the most but make sure you mill them to get all the nutrition, or you can buy them pre-milled.

Using a good bone formula containing calcium, magnesium, boron, Vit D and zinc will aid bone density. Calcium is the most abundant mineral in the body, being largely found in the bones. How it is consumed is important, requiring a balance of other nutrients to maximise its absorption into the bones.

Collagen is a major bone protein, forming 90% of the bone matrix. A framework of collagen gives bone flexibility and crystals of calcium and phosphorus give the bone strength. Collagen is available in powder form to mix into a drink, giving a much higher dose than tablets, which is important. In addition it provides nutritional support for skin, cartilage, tendons, ligaments and spinal discs. It works best when taken with Vitamin C.

Candy, Diploma in Nutritional Healing